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Scroll down to learn how to protect yourself from a disabling injury by exercising good ergonomics.
Neck Pain

Problems
- Poor posture and awkward positions can put a strain on your neck
- Poor positioning of your loupes can cause your head to droop and put a strain on your neck

Solutions
- Bring your hands together behind your head and stretch your elbows forward and back
- Turn your head from right to left several times

Leg and Foot Pain

Problems
- Standing in one position for long periods of time can also cause a host of issues for dentists

Solutions
- Stretch leg and foot muscles while sitting in your chair
- Spread your knees back and forth
- Alternate between each leg: stretch out in front of you, rotate your ankle, then bend at the knee
- March in place

Arm and Hand Pain

Problems
- Discomfort in your forearm or elbow can be caused by irritation in your wrist and hand extensor muscles
- Pain in hands or wrists is a common complaint among dentists because of working with small instruments

Solutions
- Touch your palms to your shoulders
- Stretch arms in the air in “Touchdown” pose
- Alternate between thicker- and thinner-handled instruments
- Use powered instruments with proper prophylaxis angles
- Take short breaks between patients
- Turn palms up and down
- Shake hands and wiggle fingers

Back Pain

Problems
- Prolonged sitting and awkward postures contribute to back pain
- Seek medical attention if the pain becomes chronic or symptoms progress from your back to your neck or an extremity

Solutions
- Stretch throughout the day
- Stretch your knees apart and lean toward the floor in a long stretch
- Put your hands on your chest and twist from left to right
- Alternate between rounding and arching your back several times

Source: Ergonomic tips to help you stay healthy, (May 2, 2016), newdentistblog.ada.org
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